



7 Totally Natural Ways to Repair EMF Damage

Plus 18 Foods That Combat Toxicity in Your Body

By Lloyd Burrell



I guess you've heard in the news or read something about cell phone radiation or electromagnetic fields (EMFs) being dangerous. I guess you've also seen or heard reports that said exactly the opposite. If you're feeling confused, join the club. A lot of people of people are confused about this.

I, however, am not confused.

And for good reason, it's because I'm one of the growing number of folks who have experienced first-hand the devastating effects of cell phone radiation. Let me explain a bit about my story.

One sunny but cold day in February 2002 I was outside laid flat on my back doing some piping work outside when my cell phone rang. I scrambled out from where I was working and raced to retrieve it from my jacket pocket before the ringing stopped. I pressed talk and put the phone next to my ear to answer the call. That's when it all started.

I began to feel light-headed and slightly dizzy. By the end of the short conversation I felt slightly confused and dazed.

A few minutes later the phone rang again. As I was speaking, I noticed my ear started to feel warm from the outside in. This burning sensation then spread to the whole side of my face where I was holding my cell phone.

After a few calls the unpleasant feeling had turned into a searing pain on the side of my head I was holding my phone. The longer I spoke the worse it got until the pain was so intense it was excruciating.

This was beyond weird. I'd never experienced a pain like this before. The only thing I knew was that it was the cell phone that was causing it because the symptoms came on as soon as I answered a call.

Not being one to let aches and pains stand in my way, over the next few days I just carried on as before thinking, 'this will pass'. Little did I realize my life was about to change forever.

Day long blinding headaches became the norm.

These weren't normal headaches I was experiencing. It felt as though my head was being held in a vice. Other symptoms were quick to follow. Like abnormal tiredness. A short cell phone conversation would leave me massively fatigued. Almost drugged. It felt like the life force had been sucked out of me. No matter how many hours I slept I woke up feeling tired and I was constantly fatigued.

Dark circles appeared under my eyes and I had acquired a peculiar permanent metallic taste in my mouth. And my thinking was muddled, I was developing a kind of brain fog. Or was it just the fatigue?

Nevertheless, good little soldier that I was, I carried on as if nothing was wrong. Or tried to.

But every time my cell phone rang and I put it to my ear it hurt, dang, it hurt.

Very quickly the pain from just a brief cell phone conversation became so intense that I had to stop using it completely.

I had to take action. How could I live, how could I function without my cell phone? How could I live without my computer? These were the kind of thoughts I was having.

Because, yes, now I was reacting to my computer as well, which was fully wired! And not just my computer. Within a few days a long list of other previously innocuous electrical devices, my TV, the radio in my car, even my regular corded landline telephone started to have the same effect on me.

This was like my worst nightmare come true.

Unfortunately, it got worse. I began to develop multiple inexplicable symptoms. It was as if my body was trying to tell me something.

I went back to the doctors again and again. He sent me for scans, tests and I saw a long list of specialists; otolaryngologist (ear nose and throat doctor), gastroenterologist, psychologist, physiotherapist, osteopath, acupuncturist, homeopath. They all drew a blank.

As far as the doctors were concerned my illness just did not exist.

And yet all the time my condition was deteriorating. It seemed as though there was no way out. Here were my symptoms when using or near a cell phone:

Immediate Symptoms:

- A 'hot head'
- Dizziness
- Confusion
- Altered spatial awareness
- Searing pain in the ear using the cell phone
- Feeling as though my head were being held in a vice

Prolonged Symptoms

- Overwhelming and constant fatigue that could not be alleviated by an amount of rest
- Extreme sensitivity to light
- Constant headaches
- A stiff neck
- A burning sensation all over my body
- Prickly, tingling skin
- Stomach pain, gas, loose stool
- High blood pressure
- Deterioration of eyesight
- Continual cramps in feet and legs

- Joint pain, initially in the shoulders and spreading to the elbows
- Tightness/stiffness in muscles
- Metallic taste in the mouth
- Dark circles under the eyes
- Anxiety and irritability
- Feelings of hopelessness and depression
- Pain in the back of the ear
- Unexplained muscular aches and pains

It took me the best part of 10 years but eventually I was able to get my health back on track. It's this experience that motivates me to share this important information with you today.

There are concrete, practical steps you can take to safeguard your health and protect yourself from EMFs. The key is:

AVOIDANCE + PROTECTION

If you are serious about dealing with EMFs this should be your focus. If you're not clear on how to do this sign up to my newsletter here <https://www.electricsense.com>

In this report I want to talk about another important aspect of EMF protection, nutrition.

In a general sense nutrition is super important, but if you're being bombarded with EMFs and your nutrition is poor, then it's even more of a concern.

EMFs impact our bodies at a cellular level in many different ways, thousands of studies¹ show this. but one of the primary ways this damage is inflicted is the creation of free radicals². I'm sure you've heard of free radicals before—this creation of free radicals can then lead to oxidative stress which leads to a long list of adverse biological effects. What can we do to repair this free radical damage? There are various ways this damage can be repaired; nutrition can play an important role.

There is no one-size fits all so let me share some broad guidance and resources:

1. **Hydrate.** Optimum hydration is absolutely VITAL. EMFs are contributing to dehydration issues that many of us are experiencing. Just because you're not thirsty doesn't mean you're not dehydrated. Quantity and quality of water is important but '8 glasses of water a day is not the way'. New research has revealed the importance of structured water. For an excellent resource on how to optimally hydrate and incorporate structured water into your diet, read *Quench* by Dr. Dana Cohen and Gina Bria.
2. **Eat whole, natural, and organic foods.** Processed foods are to be avoided. You don't have to go 100% organic and there is no guarantee that organic produce doesn't contain pesticides and other chemicals but generally it will be less polluted and more nutritious.
3. **Eat locally grown produce.** Locally grown food has a better chance of getting on your plate quicker (which means it's fresher) and it avoids the need for excessive refrigeration. It will almost certainly be nutritionally superior to food brought in from the other side of the world.

4. **Eat seasonal.** Seasonal foods tend to be fresher and more nutritionally dense, but it's also about respecting the cycles of nature. Nature has a way of producing certain foods at times when our body needs them and you should eat them when nature intended.
5. **Include good quality fats in your diet.** Virgin olive oil, sesame seed oil, rapeseed oil, argan oil... your diet should contain small quantities of a wide variety of organic oils. Getting your omega-3 and omega-6s is important but there is a lot more to it than that. Notably, consuming good quality fats bolsters hydration. Read *Cellular Awakening* by nutritionist Barbara Wren.
6. **Establish regular mealtimes.** Also, spicy or acidic foods in the evening can cause stomach trouble and heartburn. Avoid heavy, rich foods within two hours of bedtime.
7. **Eat fermented food.** Fermented milk, turnips, eggplant, cucumbers, onions, cabbage all these foods are chock-full of good bacteria. Research has shown how important the ideal balance of good and bad bacteria in your gut is. Read *Fermented Foods for Health* by Deirdre Rawlings, PhD, ND.

I do not believe that there are any “*magic foods*” with respect to EMF protection. But there are certain foods which are more beneficial than others in enabling your body to deal with the effects of EMF on your body. You need to try and incorporate these foods into your diet. Here is a list of some of the most important:

Apples: Not just apples but all foods containing caffeic acid, so citrus fruits, and vegetables such as broccoli, mustard, cabbage and cauliflower. In a 2008 study published in the Journal of Biochemical and Molecular Toxicology scientists found that caffeic acid offered protection against gamma radiation-induced cellular changes.

Apples are also a source of pectin which has been shown to bind with radioactive particles to prevent absorption by the body.

Asparagus: Asparagus is particularly rich in glutathione, which can prevent and also repair DNA damage. Glutathione will further bind to carcinogens that accumulate and flush them quickly from the body.

It is also a source of zinc and selenium which also have a role to play in EMF protection.

Baltic Amber: Not a food but definitely worth a mention. Baltic amber is fossil resin produced by pine trees which grew in Northern Europe about 50- 200 million years ago. Rich in succinic acid, military doctors are believed to use it to improve the body's immunity to radiation from industrial accidents.

Blueberries: Blueberries get their dark color from antioxidant compounds called anthocyanins; they are also high in vitamin C and they contain a phytochemical called kaempferol, which is believed to reduce the risk of ovarian cancer.

Cherries: Studies carried out by a research team at the University of Texas have discovered that montmorency cherries, are naturally high in melatonin (see chapter 3 for information on Melatonin).

Cinnamon: A 2009 study³ suggests cinnamon can lower your hemoglobin A1C levels — a reflection of blood sugar, and balance the effects of eating high carbohydrate foods.

EMF exposure has been shown to raise blood sugar levels, eating cinnamon can help you to keep your blood sugar levels stable and also provide powerful antioxidant protection.

Cranberries: Cranberries are rated high on the ORAC list⁴ for their antioxidant capacity of a whopping 9090. Studies show that not only are cranberries a powerful antioxidant they can also elevate levels of good cholesterol while reducing levels of bad cholesterol.

Animal studies also indicate that cranberries can protect the brain from outside free radical damage to prevent cognitive decline with age.

Cumin: This spice, derived from seeds, can provide powerful protection against free radicals and also stimulate the detoxification of the liver thanks to the antioxidant glutathione.

Cumin is often used, not just in curries, but in Greek and Mexican food.

Garlic: Garlic is a natural anti-inflammatory. Some studies suggest that it can also help to control blood sugar, which has been found to rise as a result of EMF exposure.

Most importantly, garlic is high in sulfur, which produces the antioxidant glutathione to provide superior detoxification and protective benefits to the body.

Grass-Fed Beef: When you eat beef, make sure its grass-fed beef since it is a very good source of the antioxidant glutathione.

It also contains zinc and selenium, which are minerals that can become depleted as a result of EMF exposure. Compared to beef that is grain-fed, grass-fed beef has only 10% saturated fat as opposed to 40% saturated fat.

Mushrooms: Mushrooms contain high concentrations of the powerful antioxidant L-ergothioneine that can protect your cells from free radical damage and slow down chronic degenerative disease often caused by aging.

Asian mushrooms reputedly contain 12 times more of this antioxidant than other sources, including chicken liver and wheat germ.

Olive Oil: Olive oil is a potent antioxidant that provides two different forms of glutathione which has been shown to protect against free radical damage caused by EMFs.

For best results choose extra virgin olive oil which contains high levels of oleic acid and is known to have far reaching health benefits.

Pomegranate Juice: Pomegranate juice has been shown to contain three times the antioxidant activity of both green tea and red wine⁵.

Red Beans: While red beans may not have the highest antioxidant content, they are easily absorbed by the body and provide a great source of protein for vegetarians.

Red beans also contain soluble fiber which can stabilize blood sugar and they are high in thiamin, which has been known to help protect brain cells from damage.

Rosemary: In a study published in 2011 in the British Journal of Radiology, scientists in Spain found Rosemary to be very efficient in fighting radiation damage. Specifically, rosemary can increase the number of white blood cells in the body to fight disease and combat the harmful effects of radiation exposure.

Rosemary has also found to be effective in decreasing oxidative degeneration in blood fats in the body, a precursor to cardiovascular disease, while increasing levels of glutathione.

Turmeric: Turmeric is another beneficial spice that can inhibit chromosomal damage caused by radiation and even reduce the risk of leukemia.

It contains a bright orange spice called curcumin that can protect against the outside damage that comes from environmental pollutants, including carcinogens found in cooked meat.

Vegetables: Vegetables like cauliflower, broccoli, cabbage, Brussels sprouts, and kale are rich in vitamin C, antioxidants, and sulfur. Sulfur stimulates the production of the antioxidant glutathione, which is subject to depletion as a result of EMF exposure⁶.

These cruciferous vegetables are also rich in zinc, a mineral that can be considered to have EMF protective qualities.

Walnuts: Walnuts are a good protein source and contain omega-3 fatty acids that provide natural anti-inflammatory benefits to the body. Like cumin, walnuts also contain the protective antioxidant glutathione that protects from free radical damage at the cellular level. They are the only nut to do this.

Research⁷ suggests walnuts may help provide the necessary protection to prevent the demise of cognitive and motor function in aging, associated with Parkinson's and Alzheimer's diseases, which can be the result of EMF exposure.

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*(This report is in PDF format. It can be easily printed out using Adobe reader or similar software.
Make sure your software is up-to-date to enable printing.)*

Sources

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